

Diligentia et Accuratio

DESERT EAGLE

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**Wing serves theater-wide
mission needs**



**What we do here
is important...
people count on us**

DESERT EAGLE

Volume 7, Issue 9

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For more information, call 437-2868.



Graphic by Staff Sgt. William Reynard

On the cover: Airmen from the 379th Expeditionary Medical Group, 379th Expeditionary Logistics Readiness Squadron, and 379th Expeditionary Maintenance Squadron are examples of the many Airmen performing theater-wide missions in support of U.S. and Coalition servicemembers unrange.

There I was...

Reflections from a troubled mission

by Lt. Col. Thomas Riney,
340th Expeditionary Air Refueling
Squadron commander

Like most pilot stories this one begins with "There I Was"...

There I was--at 30,000 feet in my T-38 staring straight into a towering black cloud and wishing I was somewhere else...

Two hours earlier, I was psyched for my first T-38 cross-country mission. I was well rested, well prepared, and excited about flying from Arizona to Texas. Sure there was bad weather over New Mexico, but my first lieutenant instructor pilot said, "Ah, we'll be fine, besides my fiancé is stationed at Randolph and she will be there to meet the plane."

I can't remember how long the flight was supposed to be so I guess that wasn't very important. I do remember we had plenty of fuel. Besides, my girlfriend was meeting us in Texas too.

After reaching cruise altitude, we started to encounter clouds. The T-38 didn't have weather radar, but we were on an instrument flight plan. At first we were able to stay out of the thick stuff. We asked to climb to get on top of some "White Puffys." As we climbed out of the white clouds, we saw "it" in front of us. We found ourselves staring straight into a huge wall of towering, black, ugly looking clouds. "Now that's what we need to avoid," warned a voice from behind me. "Those Bad Boys will kill you!"

No need to tell me, I was already turning north.

We picked our way north for a little while then it opened up--a beautiful little corridor through the clouds to the east. It wasn't as wide as I wanted, but maybe we could make it to Texas after all.

"Coming right, what do you think? It looks pretty good to me." I said over the interphone as I turned the aircraft toward Texas.

"Yeah, looks like it will probably open up to the east" my IP responded.

I sure hope so, I thought.

I was wrong. The corridor didn't open up. The black walls just kept closing in. Soon we couldn't turn left or right. We had to continue straight ahead. The cockpit was deafly quiet. "Those Bad Boys will kill you" kept repeating in my head. It kept getting darker until it felt like the middle of the night. The radios crackled with static electricity and it felt like my hair was standing straight up. With a crackle and a pop on the radio, the light show started. Bright white flashes filled the windscreen and lit up the cockpit. It seemed like we were bouncing around in the black soup for hours. My IP made a radio call, but nobody answered.

Just when I knew we were doomed we broke through the black curtain and everything turned white. The bumpy ride ended like we'd pulled onto the pavement after driving on a bumpy



**Lt. Col.
Thomas Riney**

dirt road. A second later, the blinding sunlight abused my eyes and I quickly checked my instruments -- plenty of fuel, two good engines.

The rest of the flight was very quiet. The weather was good and before I knew it we were pulling up to base operations at Randolph. After a debrief that was probably way too short, I was waiting for my girlfriend to pick me up.

It has been quite a few years since that day. My girlfriend is now my wife and we have three wonderful kids. I don't wear a helmet when I fly anymore, and I have a fancy new color radar to guide me around the storms. As I reflect back on that afternoon, I learned some important lessons that have shaped my character and my personality.

First, I learned not to put myself in a position where I don't have any options. It is just as true on the ground as in an aircraft. I should have listened to that little voice in the back of my head. I was lucky that day. We can't rely on luck. We are in a foreign country and accomplishing a high-paced, important mission. It is vitally important that we make good decisions and stay out of situations where there are no good options.

Secondly, I learned I can make a difference. Even though I was new to flying, I could have kept us out of those clouds. I used my inexperience as an excuse and let my emotions drive me into those clouds. There was no need to take those risks. I knew what was right and what was smart and I chose not to do it.

Finally, as I look at pictures of my family and think about home, I remember how precious life is. There are people back home and troops on the ground in Iraq and Afghanistan that are counting on us to do our job. Everyone here is important to our mission. If you weren't, you wouldn't be here. Make good decisions, listen to the voice in the back of your head, and do the right thing.

I am proud to serve with you all in the best Air Force in the world and proud to part of the strongest military in history. Thank you for your sacrifices and defending freedom.

COMMAND CHIEF MINUTE

Standards, the combat sortie, the Airman's Spirit



by Chief Master Sgt. Arvin Davis
379th Air Expeditionary Wing
command chief

In his latest Chief's View video, Chief Master Sergeant of the Air Force Rodney J. McKinley reminds us that we are a reflection 24 hours a day, 7 days a week, both on and off duty. He said, *"You've heard the term 'first impressions are lasting.' Our Air Force can't afford for Airmen to leave negative impressions because of improper behavior... whether we are at a stateside base or serving in another country, we must always remember we are professionals."*

So, why do we spend so much time talking about standards? After all, we are at war.

We are generating combat sorties and the ATO daily and we just don't have the time to focus on that "other stuff."

We've probably heard someone say or imply "they" should back off in holding people accountable for not following those seemingly trivial rules and because it wasn't cool or popular to explain the importance of all standards, we missed a mentorship opportunity to make a difference. The "other stuff" references dress and appearance standards, safety practices, G.O.I.A or graffiti.

From experience, I believe good order, discipline and adherence to "all" standards are even more critical during times of crises or

war—they keep us focused on mission first.

We play a dicey game of roulette when we rationalize it's either okay to lax on the smallest of standards or that we're too tired to enforce them tonight.

I equally believe, if not re-vectored, individuals could eventually convince themselves it's okay to cut corners affecting flying discipline or maintenance practices, defending the base perimeter or updating the base network supporting those same combat sorties.

I literally grew up in our Air Force knowing, as we all have, that "standards are standards" no matter what my personal opinions or whether I'm at home or deployed, supporting peacetime or wartime operations; I have an individual duty and leadership responsibility to comply, lead and follow honoring the Airman's Spirit of decades past.

Air Force Doctrine Document 1-1, 18 February 2006 reads, in today's time-compressed, dynamic, and dangerous modern battle space an Airman does not have the luxury of examining each issue at leisure and must fully internalize these values so as to know how to automatically act in all situations and encourage it in others. That our values are *"universal and unchanging in the profession of arms and when needed in the cauldron of war, they are the beacons vectoring the*

individual along the path of professional conduct and the highest ideals of integrity, service, and excellence."

Thankfully, we have the larger percentage of civilian, enlisted and officers on the ground who earnestly believe in the universal and unchanging spirit of our values and standards, at home and deployed.

Take a recent example; a host nation delegation visited our base and departed extremely impressed with Security Forces and EOD personnel's professionalism in supporting the visit and rendering sharp customs and courtesies at all checkpoints along the route.

This small attention to the standards resonated with a clear message about our AF, our base and our assigned units – *that proud professionals are deployed here!* This helps break down barriers and build bridges.


So, why do we spend time talking about standards? It's about the combat sortie, the ATO or peripheral messages we send to others wrapped up in one neat package. Still, this is all for nil if we turn the other way (on even one person) who chooses to take a different path and not accept our *Airman's Spirit* cultivated over the last six decades.

Kudos for 379th Expeditionary Security Forces Squadron

Comment: I would like to make a comment about our Security Forces Gate Guards. I think they do an exceptional job. They are out there for numerous hours, vehicle after vehicle. And every time I come through the gate I always get a pleasant greeting. I would like to applaud their work and dedication and how they always seem to do it with a positive attitude. Every now and then I even get a trivia question. Again, thank you and we appreciate what you do.

Response: Thank you for taking the time to recognize our Security Forces members. The SF mission is vital to enabling air power and clearly, they are proud of what they do and it shows. Their positive attitude stems from the pride and professionalism every Airman in this wing should feel about supporting such an important mission, and your taking time to notice emphasizes the positive behavior a majority of our Airmen portray on a daily basis and is a force multiplier for future performance. Again, thank you for your leadership and for taking the time to recognize our Defenders.


- Brig. Gen. Charles Shugg
379th Air Expeditionary Wing
commander



Commander's Action Line

actionline@auab.centaf.af.mil

The Action Line is your direct link to me. Use it if you have questions or comments about the base, which couldn't be resolved by your chain of command or base agencies. Each question will be reviewed and answered, and may be published on a case-by-case basis.



Airmen continue to strive toward wing goals

by Staff Sgt. Jasmine Reif
NCOIC, 379th AEW Public Affairs

Airmen at the 379th Air Expeditionary Wing were challenged at the beginning of the rotation to meet the wing goals of mission first, improve yourself and leave this base a better place.

Two months into AEF 5/6, Airmen are meeting these challenges with a full head of steam and making it look easy, said Chief Master Sgt. Arvin Davis, 379th AEW command chief.

"But, we know it's not easy. It's a product of squadron leadership creating an culture for all Airmen to peel back inefficient processes, eliminate them and save us valuable time and money at the same time... that's at the very heart of AFSO 21, it's a culture change and not a program," he said. "The great thing about all of this is it's not just about work, it is personal fitness, educational goals and volunteerism across the base that's making those goals a reality for us all."

Keeping the "mission first" attitude in the 379th Expeditionary Maintenance Group has resulted in an increased number of quick aircraft repairs.

"During January, the 379th EMXG hit an all-time high of 99.2 percent for maintenance mission effectiveness," said Lt. Col. Eugene Kirkland, 379th EMXG deputy commander.

The group also stood up the T56 engine test stand, which completes the EMXG's fifth Centralized Intermediate Repair Facility, allowing them to completely rebuild, maintain, and operationally check C-130 engines and propellers.

"I'm continually impressed by the readiness level of maintainers deploying to the 379th EMXG," said Col. Arnold, 379th EMXG commander. "Our Airmen are motivated by the direct support they provide to Operations Iraqi and Enduring Freedom and Horn of Africa combat missions; their outstanding contributions are the cornerstone of safe, reliable, and effective aircraft and munitions maintenance."

When they are not at work accomplishing the mission, Airmen have made the most of their time off by working out at the gym and taking college classes.

"I came here with the goal of getting healthy... for good," said Capt. James Murtha, 379th Air Expeditionary Wing Manpower and Organization chief. "Although I've always passed my PT tests, I wasn't in the physical condition that as a military member, I felt I should be in."

Captain Murtha knew if he wanted to get in shape, he would have to make lifestyle changes. "Everything I do in pursuit of this goal has to be a conscious decision; from what I eat (and I what I don't) to making time for exercise everyday whether I want to or not. It's not always easy, and I've had a couple setbacks but the long-term benefits are well worth the effort," Capt. Murtha said. "I've lost 13 lbs so far and have 10 to 15 more to go. I definitely feel better and hopefully I'll have the discipline to maintain my healthier lifestyle when I get home, but I'm on the right track."

The discipline needed to get to the gym everyday also applies for Airmen who take college classes while deployed. After 12-hour work days more than 100 Airmen attend college classes on base and hundreds take online

courses.

Each rotation that comes to the wing arrives with new ideas for making the base a better place, and this rotation isn't unlike the others and has been successfully making a difference.

At the 379th Expeditionary Services Squadron, Airmen have been busy planning new events, increasing the number of aerobics classes and adding more trips and tours to get more people downtown to experience a new culture.

"Every day we try and think of new ideas to increase morale on the base," said Tech. Sgt. Nichol Williams, 379th ESVS Marketing director. "We are now playing movies and TV shows on the Memorial Plaza screen; we doubled the number of aerobics classes available and the Desert Eagle Lounge added activities to their schedule. We try to reach everyone by planning a variety of events at different times to attract people who work during the day and at night."

Upcoming events planned by the 379th ESVS include a Casino Night and a sports day competition called "Spring it On."

Our Airman's Spirit has always been about innovation, change and making things better or we'd still be hovering in balloons, Chief Davis said.

"Our Mission First maxim is saving lives and delivering freedom across the theater. Let's challenge each other, at every level, to run through the finish line and not stop short of achieving at least one objective in each of our three goals; we owe that much to our Country, our Air Force and especially those depending on us each day to fly overhead and keep them safe from evil."



Staff Sgt. David Miller

Improving the base
Senior Airman Ryan Barrows, 379th Expeditionary Civil Engineer Squadron Heating, Ventilation, Air Conditioning and Refrigeration journeyman, removes the cover of a junction box to un-wire an air conditioning unit in a cadillac Thursday. HVAC repairs items that are called in on work orders by personnel who use the base facilities. However, other shops in the squadron do repairs during the day that are identified by the shop night shift workers. The 379th ECES Utilities shop will systematically work their way through the Coalition Compound latrines this month in an effort to improve base facilities.

Injuries impact mission capability

by Capt. Wes Ticer
Chief, 379th AEW Public Affairs

The exercise motto “no pain, no gain” is not something medical personnel believe in when it comes to sports. Instead, according to Dr. Aaron Quinn, 379th Expeditionary Medical Group physician, “pain is telling you something is wrong with your body.”

During the last two weeks of February, the 379th Expeditionary Medical Group treated a disproportionate number of injuries coming from basketball games in the base gymnasium.

The spike in injuries has wing leadership concerned about the effects on mission accomplishment since everyone here is filling a validated requirement for the work he or she does. Since AEF 5/6 rotated in, Wing Safety has recorded 170 mishaps, 85 of which were not duty related, according to Master Sgt. Patrick Havens, 379 AEW ground safety manager. More than a third of the off-duty mishaps occurred on the basketball court.

The emergency room saw 24 patients for ankle sprains, three for elbow sprains, five for jammed fingers, two for cuts, and five for knee sprains. Some of the sprains resulted in surgery, but all required some rehabilitation and time away from work. Some have to go on profiles if their job entails a lot of walking, standing or climbing,” Dr. Quinn said.

“Even if the injuries take people away from work only for a couple hours, the cumulative effect is we are taking too much time away from the mission for things that are preventable,” Sergeant Havens said. “In some cases, other people have to pick up the workload.”

Some of the more serious injuries required follow up visits to the orthopedic clinic. One individual broke his leg, another fractured his finger, and one fractured his elbow. The most serious injury was an Achilles tendon rupture that was surgically repaired, which will require about two to three months of rehabilitation and is something the person will have to deal with for the rest of his life, according to Dr. Quinn.

“These are injuries which will, in the short-term, result in significant rehabilitation and in the long-term have life-long consequences for the individuals involved,” Dr. Quinn said. “That is especially true in the case of the injuries requiring surgery.”

Patients who had knee surgery will undergo a few weeks of rehab, but the injury can increase the risk of early arthritis and eventual knee replacement because of deterioration of the joint, Dr. Quinn said.

“A ruptured Achilles (tendon) or a blown out knee is a large price to pay for a few minutes of recreation,” Dr. Quinn said. “Basketball is a beneficial activity, and we know that some injuries are inevitable---we just want people to exercise good judgment and be careful.”



Photo by Airman 1st Class Gustavo Gonzalez

Senior Airman Joe Webb, CAOC, elevates for a jump shot during the CAOC vs ESFS1 game Thursday night at the Coalition Compound gymnasium. CAOC won the intramural championship with a score of 45 to 44.

The doctor said players should stretch before playing and not play out of control. “Ankle sprains have a lot to do with the running shoes many people are wearing,” he said. “They are not made for jumping and pivoting.”

Many injuries can be prevented if people pay attention to their aches and pains.

“If something starts hurting, your body is telling you to stop for a few days and take a break,” Dr. Quinn said. “Sometimes in the excitement of competition we ignore what our common sense is telling us.”

Emergency response exercise tests readiness of 64th EAG

The readiness of the 64th Air Expeditionary Group Defenders was tested during an exercise Feb. 25-26. Members were challenged to practice self-aid buddy care and emergency response procedures during a multitude of attack scenarios such as planning and executing the clearing of a barricaded suspect. Exercise and evaluation team members reported the group’s hustle, awareness and positive attitudes were apparent in all participating defenders. Two 64th Expeditionary Security Forces Squadron outstanding performers were lauded for their actions during the exercise. The 64th AEG is a geographically separated unit of the 379th Air Expeditionary Wing.



U.S. Air Force photo

Airmen recognized at February promotion recognition ceremony

The following Airmen assigned and deployed to the 379th Air Expeditionary Wing were recognized at the February Promotion Recognition Ceremony Feb. 28 at the base theater:

Airman first class

Matthew Kinkaid, 379th ELRS
Manita Lopez, 379th ELRS
Brittany Oaties, 379th ESVS
Brian Gleason, 8th EAMS

Senior airman

Dustin Camden, 379th ELRS
John Derosa, 379th ECS
Vincente Flores, 379th ESFS
Thomas Andrews, 379th ESFS
Dean Ruzicka, 379th EOSS
Melvin Mitchell, 379th EMXS
John Long, 379th EMXS
Marvin Abraham, 379th EMDG
John Meadows, 763rd ERS
Michael Reynolds, 71st EACS
Fridah Mbatia, 379th EMOS
Shira James, 379th EMXS
Richard Deloach, 379th EMXS
Joshua Leppo, 379th ECES

Staff sergeant

Rebecca McMahan, 763rd ERS
Ronald Todd, 71st EACS
Ronald Mainvielle, 704th ESPTS

Kyle Harbison, 340th AMU
Matthew Henry, 340th AMU
Jason Laird, 116th AMU
Jonathon Keck, 34th AMU
Daniella Trombley, 379th EMXS
Johnnie Hall, 379th EMXS
Jeremy Burnett, 379th EMXS
Marlon Brosco, 379th ECES
Edward Corban, 379th ECES
Anthony Fletcher, 379th ECES
Tabius Smith, 379th ELRS
Danielle Monclova, 379th ESFS
Shikia Roundtree, 379th ESVS
Louis Litz III, 8th EAMS

Technical sergeant

Robert Prier, 379th EMXS
Heath Snyder, 379th EMXS
Rebecca Losee, 379th ESFS

Master sergeant

John Ward, 379th ESVS
Tyrone Robinson, CAOC

First lieutenant

Tomas Alford, 340th AMU
Jeffrey Kipp, CAOC

Captain

Herbert Millet, 763rd ERS

Lieutenant colonel

Andreas Wesemann, CAOC

379th AEW Safety Awards

The following unit and Airmen were awarded wing safety awards for the month of January:

Unit Safety Award of Distinction

379th Air Expeditionary Civil Engineering Squadron

Aircrew Safety Award of Distinction

1st Lt. Jason Evans
340th Expeditionary Air Refueling Squadron

Aircrew Safety Award of Distinction

Senior Airman Aaron Christensen
340th Expeditionary Air Refueling Squadron

Aircrew Safety Award of Distinction

Capt. John Talafuse
340th Expeditionary Air Refueling Squadron

Crew Chief Safety Award of Distinction

Staff Sgt. Jeffrey Haak
379th Expeditionary Aircraft Maintenance Squadron

Flightline Safety Award of Distinction

Tech. Sgt. Jeffrey Kollas
379th Expeditionary Aircraft Maintenance Squadron

Ground Safety Award of Distinction

Senior Airman William Richardson
379th Expeditionary Logistics Readiness Squadron

Pilot Safety Award of Distinction

Capt. Garrett Fisher
816th Expeditionary Airlift Squadron

Outstanding CDC test scores

379th EMXS

SrA Scott Weideman, 94 percent

746th EAS

A1C Sheldon Cary, 93 percent
SSgt Joe Rodriguez, 92 percent

379th EAMXS

TSgt James Hancett, 93 percent
SSgt Miguel Gonzalez, 92 percent
A1C James Chao, 91 percent
SrA Justin Bailey, 90 percent

379th ESFS

SrA Kenton Gray, 92 percent
A1C William Brown, 91 percent
SrA James Hodgman, 91 percent

379th ERS

A1C Lucky Nguyen, 92 percent

12th EACCS

SrA Anthony Petrowich, 90 percent

71st EACS

A1C Michael Reynolds, 90 percent



Photo by Staff Sgt. David Miller

Wing recognition

The 379th Expeditionary Maintenance Squadron was awarded the Squadron of the Month award by Col. Jeffrey Fraser, 379th Air Expeditionary Wing vice commander, during the February Promotion and Recognition Ceremony Feb. 28 at the base theater.

AEF 5/6 looks at ways to improve rotation processes

by Staff Sgt. Jasmine Reif
NCOIC, Public Affairs

Wing leadership recently participated in a video teleconference with the other bases in the area of responsibility to discuss Air Expeditionary Force rotation issues, which impact the mission and recommended ways to improve processes.

When Airmen are in the full swing of the rotation, personnel issues that could have been solved at home station or by improved processes, take away from the mission here.

The numerous man-hours spent by 379th PERSCO personnel tracking unfilled AEF rotational personnel requirements is one example.

"We track all incoming rotational forces for each AEF assigned to the 379th Air Expeditionary Wing," said Capt. Adam Avnet, 379th PERSCO chief. "We focus on those positions that are unfilled with report dates during the main rotation months."

Early on, PERSCO just checks for rates. For example, if a unit has 500 positions during a peak rotation month and 250 have names, the unit would be reported as 50 percent filled. Once report days are within 30 days PERSCO starts calling home stations for statuses.

PERSCO needs to spend less time on the phone with home stations and the Aerospace Expeditionary Force Center trying to get names identified, Captain Avnet said.

"We suggest a single system that home stations can access to provide notes on unfilled slots. Oftentimes, a name is identified, but there are unknown reasons why it is not in the system, he said.

"If PERSCO could check that system for notes we would be able to explain the reasons to leadership," said Capt. Avnet. "An example is if a personnel readiness unit says they have Airman Johnny slated for position X with report date of May 15, but won't load it until his medical profile expires on 20 March, we wouldn't have to take the time to get that PRU on the phone or by email to give us this information. It would help put minds at ease about the status of incoming forces."

Getting Airmen into theater is one part of the process, but getting them in and out smoothly is challenging.

Base operating support planners use Time Phased Force Deployment Data to manage rotation flow to ensure that base operating support is adequate at all times.

AEF 3/4 had early departures out of the AOR that made base operating support planning difficult.

AEF 5/6 maintained better TPFDD discipline allowing base operating

support planners to better manage AEF rotation flow," said Capt. David Hansell, 379th Expeditionary Logistics Readiness Squadron installation deployment officer.

During the teleconference, leadership recommended continuing the stress on the importance of TPFDD discipline to units moving personnel throughout the AOR.

While deployed, Airmen may have time-sensitive personnel actions that need to be completed.

Items such as flight physicals, Armed Services Vocational Aptitude Battery and Defense Language Aptitude Battery may be needed for career job reservations and retraining, but the tests are not always available at deployed locations, putting deployed members at a career disadvantage.

"Deployed members compete for first-come/first-served slots against home station peers with full access to services," said Chief Master Sgt. Charlotte Branum, 379th Expeditionary Mission Support Group chief enlisted manager. "Concern for their career may impact their focus and force deployed commanders to consider early release from AEF."

The recommendation was to establish a fixed window after AEF re-deployment to submit personnel actions without loss of priority consideration by functional managers.

Most Airmen who deploy to the 379th AEW only need Contingency Exercise Deployment and NATO orders, and their CAC card to get into the country; however, some Airmen deploying to forward operating bases need official passports and visas.

"Airmen going to the 64th Air Expeditionary Group, need passports and visas, said Lt. Col. William Arrington, 379th AEW Host Nation Coordination Cell. "Processing can take more than two months and many home station units are waiting to start the process and as a result the Date Required in Place is not met and the person who was supposed to redeploy is retained at the deployed location."

Successfully getting Airmen into that country relies on the deploying units actively managing the process and ensuring personnel follow the steps set forth in the Foreign Clearance Guidance for that country.

"People need to immediately apply for a passport and visa upon receiving a tasking to the 64th AEG," said Colonel Arrington. "If within 30 days of the DRI, an expedite letter must be signed by the first general officer in the chain of command, and travel management offices must build tentative itineraries even if dates might change. Personnel must use the tentative itinerary when applying for a visa, they cannot wait for the final itinerary."

"Generations of women moving history forward"

March is National Women's History Month and the 379th Air Expeditionary Wing Military Equal Opportunity Office and Women's History Month committee have planned the following events:

- March 5, Monday - Movie presentation, "Divine Secrets of the Ya Ya of Sisterhood" will play at 11 p.m. at the base theater.
- March 11, Sunday - A Health Fair will take place from 10 a.m. to 2 p.m. at the base gym. Blood pressure screenings and women's health issue handouts will be available. The following classes will take place during the fair: Yoga/pilates at noon; step aerobics at 11 a.m.; muscle toning at 11 a.m./1 p.m.; skin care at 10:30 a.m./11:30 a.m./12:30 p.m./1:30 p.m.; hair care at 11 a.m. and ethnic hair care at noon. Door prizes will be given to participants.
- March 15, Thursday - Movie presentation, "The Messenger-The Story of Joan of Arc" will play at noon at the base theater.
- March 16, Friday - Forum Discussion - Casual setting with five wing leadership guest speakers. The discussion will be held at 7 p.m. at Freedom Hall, Bldg. 1094, located next to the fire department in CC.
- March 21, Wednesday - A Fun Run will begin at 7 a.m. in CC.
- March 21, Wednesday - Movie presentation "In Love & War" will play at 2 p.m. at the base theater.
- March 26, Monday - A Scavenger Hunt/Trivia will be from 4 to 8 p.m. at the Memorial Plaza in CC. Each two person teams will have to answer a women's history question to get the clue for the next stop on the hunt.
- March 30, Friday - Movie presentation "Sacagawea - The Lewis and Clark Expedition" will play at 5 p.m. at the base theater.



Photo by Staff Sgt. David Miller

Senior Airman Samuel Rivera, 379th Expeditionary Medical Group Blood Transshipment Center administration technician, scans blood into a database, which designates which base in the AOR will receive it.

Unique missions support entire AOR

by Senior Airman Erik Hofmeyer
Editor

The 379th Air Expeditionary Wing directly supports the Global War on Terrorism on many different levels. Combat sorties are flown daily, and multitudes of U.S. servicemembers and Coalition partners, equipment and supplies are transported in and out of theater.

Other missions are not quite as visible. Many Airmen directly support servicemembers uprange through unique and tangible avenues.

The following missions are a few examples of the wide support provided by Airmen at the 379th AEW.

Testing and analysis

The 379th Expeditionary Logistics Readiness Squadron Aerospace Fuels Laboratory is the only one in the AOR. The lab provides quality surveillance and field technical assistance on various kinds of aviation fuels, aviator's breathing oxygen and compressed breathing air used by fire and emergency services personnel.

A three-person team composed of one chemist and two technicians perform quality control testing of approximately 150 air and

fuel samples each month, said Capt. Bryan Best, 379th ELRS Aerospace Fuels Laboratory chief.

Air Force expeditionary wings and forward operating bases periodically send representative samples to the aerospace fuels lab to test for specification conformance, purity and contaminant levels. The in-house AOR capability allows for decreased transit time and quick turnaround for fuel and air samples, ensuring that the products used in the field are safe to use.

"We give it the thumbs up or thumbs down," Captain Best said.

The ABO and CBA are analyzed using infrared spectroscopy and an oxygen purity meter. The laboratory is also capable of analyzing seven different types of fuels using 20 different tests, depending on the fuel and reason for submission, said Captain Best.

"Ensuring that flight critical products meet satisfactory standards for warfighter and emergency response personnel is critical to mission success," he said.

Precise measurement

Every piece of equipment used to measure something has to be serviced to ensure it

works within the parameters established by manufacturers.

In the AOR, the 379th Expeditionary Maintenance Squadron's Test, Measurement and Diagnostic Equipment Flight performs all precise quantitative measurements covering the entire spectrum of measurements - time, distance and all measurements associated with mechanics and electronics.

There are about 200 customers in the AOR who send in equipment for servicing, and more than 11,000 individual items that we support, said Senior Master Sgt. Laurie Newman, 379th EMXS TMDE flight chief.

The flight services everything from torque wrenches, various scales, or something as complicated as a missile test set that establishes a line of sight for a laser guided missile, said Tech. Sgt. Terry Derise, 379th EMXS TMDE laboratory chief.

Each piece of measuring equipment both here and uprange has a unique interval between the scheduled servicing by technicians skilled in electronic theory and the science of weights and measures.

For example, a dial caliper is a tool commonly used by aircraft or vehicle mechanics to make length or width measurements on parts such as the diameter of bolts. Dirt, dust and grease are

unavoidable in expeditionary environments, and can slightly alter the caliper's measurements. Correct measurements ensure that maintainers can provide safe, reliable and effective aircraft and munitions for every combat sortie or supply shipment flown.

Saving lives

The 379th Expeditionary Medical Group Blood Transshipment Center is the focal point in the AOR for getting blood to where it is needed, said Capt. Rob Curtis, 379th EMDG BTC officer in charge.

"Every unit of (stored) blood coming into the AOR comes here first," Captain Curtis said.

The center receives a consolidated blood shipment from military blood donor centers in the United States, checks it in, and ensures forward blood supply units have the blood needed to care for wounded servicemembers and civilians.

The five-person team manages the inventory of blood. Captain Curtis works with the joint blood program officer at the Combined Air Operations Center to look at the day-to-day blood usage to gauge the broad picture of needs throughout the AOR.

The team then coordinates for blood shipment to the two primary blood supply units at Balad Air Base, Iraq, and Bagram Air Base, Afghanistan. From there, it is filtered out to forward deployed treatment facilities. The center also supports Horn of Africa missions, one Navy ship and other geographically separated missions.

Hazard elimination

The 379th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal Flight stays ready to respond to unexploded ordnance on and off base, but also serves an additional role supporting the EOD technicians in Iraq and Afghanistan saving lives on a daily basis.

The flight also serves as an inventory hub that sends and receives equipment to and from forward deployed technicians.

"We can be described as the 'pit crew' for EOD operations in the AOR," said Senior Airman Matthew Abbott, 379th ECES EOD journeyman.

Technicians inventory, test and configure new technology for use before shipment to EOD personnel in the field. The flight also receives, stores and maintains equipment used to disarm unexploded ordnance. For example, parts are stored for the F6 response robots, which are used to inspect or render safe improvised explosive devices

"Almost every piece of EOD equipment going in or out of the AOR comes through here," Airman Abbott said.



Photo by Senior Airman Erik Hofmeyer

(Above) Staff Sgt. Jeffrey Hartlein, 379th Expeditionary Maintenance Squadron Test, Measurement, and Diagnostic Equipment Flight TMDE craftsman, calibrates a dial caliper used to make length or width measurements on a multitude of different parts.



(Below) Senior Airman Matthew Abbott, 379th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal journeyman, performs a pre-operation inspection of an F6 EOD response robot. The function tests are necessary to ensure a full range of motion before shipping it to EOD technicians uprange.

Photo by Senior Airman Erik Hofmeyer

Safety reminders to protect Airmen

Protect skin against sunburns

The abundance of sun and sand in Southwest Asia and the close proximity to the equator requires extra attention in preventing the burning of living skin tissue also known as sunburns.

All skin types are susceptible to sun burns, but skin types determine how easily one becomes sunburned. Sunburns occur when ultraviolet radiation from the sun exceeds the protective capacity of a chemical called melanin found in the skin. Melanin absorbs UV rays before skin damage occurs.

"Once sunburns occur, there is not much a physician can help with, just the itching and pain," said Dr. Pei Tang, 379th Expeditionary Medical Group physician, who regularly treats patients who have been sunburned.

Frequent sunburns can increase your risk for skin cancer, lead to cataracts, which are one of the leading causes of blindness, and premature the aging of the skin and, Dr. Tang said.

Most people who get skin cancer get it after 40 years old; however, even people in their 20s can develop skin cancer, she said.

More than 90 percent of all skin cancers are found on body parts that get the most sun most of the time. The face, neck, ears, hands, and arms are common body parts that get skin cancer.

Dr. Tang urges caution when working outside, especially during the times between 10 a.m. and 4 p.m., which have the most intense ultraviolet rays. She also recommends that sunscreen be applied every two or three hours. Further reapplication is necessary after swimming, sweating and the rubbing on the skin. Also, it is recommended to choose a "broad-spectrum" sunscreen of at least 15 SPF that protects against both UVA and UVB rays.

Expect warmer temps in March

Service members stationed at the 379th Air Expeditionary Wing should expect mild temperatures with average lows in the upper 60s and highs in the mid 80s throughout the month of March.

The majority of the host nation's average of 3.5 inches of annual rainfall comes in the winter, so the "rainy" period will end with the onset of March. Dense fog in the early mornings will begin to fade away as the atmosphere becomes drier, said Staff Sgt. Larice Carter, 379th Expeditionary Operations Support Squadron Combat Weather Team.

Airmen can expect more dust storms as wind speeds increase, and hydration will be even more critical as temperatures increase.

The hot and humid weather will gradually increase in the next few months and the average daily water intake will sweat out quickly. Even mild dehydration can zap your energy and make you tired, said Master Sgt. Patrick Havens, 379th AEW Safety Office ground safety manager.

"When we get tired we become complacent, which is a leading cause of mishaps," Sergeant Havens said.

The increase in dust storms in the upcoming month will also pose a potential safety hazard.

Your personal protective equipment will be your best friend. Airmen need to carry their goggles everywhere, Sergeant Havens said.

The 379th AEW dress and appearance guidelines allow a desert-colored scarf and optional eyeglass safety strap are authorized for wear during desert operations as weather and work conditions require. When authorized by a supervisor, the scarf may be worn in conjunction with headgear for sun, dust storm, and cold weather protection.

Look out for your wingman, drink plenty of water, think about what you are doing and use common sense, Sergeant Havens said.

Heat Stress

Heat stress or heat exhaustion or eventually heat stroke, which can result in death, may occur when the body is unable to cool itself by sweating

Factors leading to heat stress

High temperature and humidity, direct sun or heat, limited air movement, physical exertion, poor physical condition, certain medicines and inadequate tolerance for hot workplaces

Symptoms of heat stress

Headaches, dizziness, lightheadedness or fainting
Weakness and moist skin
Mood changes such as irritability or confusion
Upset stomach or vomiting

Symptoms of heat stroke

Dry, hot skin with no sweating
Mental confusion or losing consciousness
Seizures or convulsions

Preventing heat stress

Know signs/symptoms of heat-related illnesses, and monitor yourself and coworkers
Block out direct sun or other heat sources
Use cooling fans or air, conditioning and resting regularly
Drink lots of water - about one cup every 15 minutes Avoid alcohol, caffeinated drinks or heavy meals

What to do for heat-related illness

Call 911 at once.
If calling from a cell phone on base, call the operator at 458-9555, then dial 911 when the dial tone sounds. If off base, call 999 for local host nation emergency response.

While waiting for help to arrive

Move the worker to a cool, shaded area
Loosen or remove heavy clothing
Provide cool drinking water
Fan and mist the person with water



Deployment "Phase 2," what to expect

by Senior Airman Erik Hofmeyer
Editor

Most of us in AEF 5/6 have surpassed the challenges associated with a new assignment as we approach the halfway point in the rotation.

Our rotation has learned to live and work together in an environment different from home. We've learned the rules of the base and established new patterns and routines both personally and professionally in performing the individual tasks necessary to accomplish the mission and leaving this base a better place.

Each rotation has a predictable pattern of change that occurs throughout the deployment, and AEF 5/6 is no different. Understanding these patterns may help Airmen cope with their deployment and avoid potential work or personal pitfalls.

In "Phase 2" of the rotation, Airmen get into a rhythm, and time starts going by quickly. People form social networks as they endure the stresses of deployment and being away from family.

Settling in and developing coping mechanisms can be a good thing, but there is also a tendency to lose focus, said Maj. David Cordry, 379th Expeditionary Medical Group psychologist.

There isn't one strategy to stay focused; although, Maj. Cordry recommends keeping the importance of one's job in mind, making it interesting, learning new aspects of the job, taking opportunities your job wouldn't normally be involved with, and acknowledging the fact that losing focus could happen to anybody.

"Maintaining focus starts with supervisors," said Senior Master Sgt. Cynthia Ream, 379th Expeditionary Aircraft Maintenance Squadron production superintendent. "Supervisors see Airmen on a day-to-day basis are aware of mood changes and the individual's ability to focus on everything from work to off duty time."

Sergeant Ream stresses the importance of getting off base and seeing the sights, pursuing education, and always looking out for wingmen.

The excitement derived from the diverse mission of the 379th Air Expeditionary Wing begins to fade for some people, and is another recognizable characteristic associated with "Phase 2."

"During this phase we begin to realize that what takes place every day may not be what we anticipated or things aren't exactly what we expected them to be, said Lt. Col. Doug Slater, 379th AEW chaplain.

"Some people realize this isn't like work back home and people do things differently, or others may notice the issues you thought were left behind, in relationships both personal and professional, are still present," Chaplain Slater said.

A "Phase 2" mindset may also adversely affect other areas of deployed life. At this point, many Airmen occasionally fail to display proper customs and courtesies and their focus on the mission may have narrowed or become routine.

Major Cordry said some individuals display and increased sense of boldness during the middle to third month of the rotation.

"People think 'I won't get caught' and this reduced judgment can lead people to do things they normally wouldn't do, like breaking the rules or taking shortcuts, Major Cordry said.

"However, most people find that by staying busy at work and using the support networks they've formed, the time goes by fast and they can look back on their deployment with a sense of pride and accomplishment," Major Cordry said.



U.S. Air Force photo

Tips for staying focused while deployed

By Lt. Col. Doug Slater
379th Air Expeditionary Wing chaplain

- Every time an aircraft takes off – no matter what your job is in the big picture – you are vital to the success of the mission. People you don't know are depending on you serving at 100 percent of your ability. You are making a difference in lives around the world.

- Recognize that this is only a temporary home, and we all need to stay connected to family and friends via email, morale calls and pictures. Additionally, take a moment to share some pictures with those you work with and ask to see their pictures. Your service here is leaving a legacy for your family, friends and generations to follow. What you do here matters.

- Be alert to your attitude and actions, and see if you can catch yourself falling for some of the "Phase 2" hazards that sneak up on all of us at sometime or another. Don't be afraid to offer a friendly reminder to those around you who may be in a "Phase 2" mindset as well. We are the best at what we do... let's make sure our actions and appearance stay consistent with our mission for the world to see.

- Finally, now that you have tasted all the ice cream several times... take a moment to review the progress on your personal and professional goals you had set for yourself during this rotation. There's still time to meet those goals. Leave here a better Airman physically, mentally, spiritually and professionally.

Islamic calendar, holidays and events

The Islamic year is based on the lunar cycle, consisting of 12 months of 29 or 30 days each, totaling 353 or 354 days. Each new month begins at the sighting of a new moon.

The Islamic Hijri calendar is usually abbreviated A.H. in Western languages from the Latinized "Anno Hegirae." Muharram 1, 1 A.H. corresponds to 16 July 622 A.D. (After Death). The Hijrah, which chronicles the migration of the Prophet Muhammad from Mecca to Medina in 622 A.D., is considered to be the early Islam's central historical event. To Muslims, the Hijri calendar is not just a sentimental system of time reckoning and dating important religious events, e.g., Hajj (pilgrimage to Mecca); it has profound religious and historical significance. The date of each of the following holidays varies each year:

Maulid Nabi: This day is remembered as the birthday of the Prophet Muhammad. It is a very popular day of celebration. There are no special prayers or religious services.

Isra' and Miraj: The night the Prophet Muhammad journeyed from Mecca to Jerusalem and his ascension to heaven. There are no special prayers. Muslims remember this day with varying degrees of enthusiasm and devotion. Some people do not celebrate it at all.

Ramadan: Takes place in the ninth month of the Hijri calendar. Muslims consider the whole month as blessed as well as a month of discipline and self-control. They fast during the day and make special prayers at night. People also give more charity and do extra righteous deeds. The Prophet Muhammad also received the first revelation of Al-Qur'an during this month.

Nuzulul Qur'an: Time in which the Prophet Muhammad received the first revelation of The Holy Qu'ran, God's guidance and final message of truth. The Angel Jibreel (Gabriel) came to Muhammad while he was in the cave of Hira, near Mecca and told him that Allah had appointed him as His last messenger and prophet.

Eid al Fitr: Three-day feasts of thanksgiving after Ramadan to thank Allah who gave the opportunity to Muslims to benefit from and enjoy the blessing of the month of Ramadan. Muslims all over the world celebrate Eid al Fitr.

Eid al Adha: A time of sacrifice. This festival occurs on the second day of the 4-day Hajj by those who make the pilgrimage and celebrate it in Medina, near Mecca. Muslims commemorate Prophet Abraham's willingness to sacrifice everything for Allah including his beloved son, Ismael. Since Allah gave Prophet Abraham a lamb to sacrifice instead of sacrificing his son, Muslims also offer animal sacrifices. The animal meat is given to needy people and friends and a portion of it is also kept for one's own consumption.



"Plank....Pant....PLANT! I forgot what these things were for a second"

The winner of Caption Contest No. 20 is Senior Airman Wil Ryan, 379th Expeditionary Aircraft Maintenance Squadron. Congratulations!

The runner up this week is:

"Such an exquisit crystathium plumus like this only thrives in Georgia. How did it get here?"

- Master Sgt. Glenn Austin, 379th EAMXS

Caption Contest



Photo No. 21

Rules

This week try your hand at writing a caption for this week's photo. The author whose caption entry gets the most laughs - or groans - from our panel wins.

1. Write an imaginative, humorous, printable caption related to the Air Force.
2. E-mail caption entries to DESERT.EAGLE@auab.centaf.af.mil with the words 'Caption Contest' in the subject header.
3. Include the Caption Contest photo number you are referencing, your name, rank, deployed unit and phone number.
4. Winners are announced in the following paper.
5. Deadline for submission is noon Wednesday.

WARRIORS OF THE WEEK

Senior Airman

Lateeah Lynn Summerville

Finance Customer Service Cashier
379th Expeditionary Comptroller
Squadron

Hometown: Long Beach, Calif.

Home station: Hanscom AFB, Mass.

Date arrived in AOR: Jan. 17, 2007

Deployment goals: One of my deployment goals is to earn a 100 miles T-shirt

Best part about the deployment: The Cadillac being located right outside my dorm building

Hobbies: playing soccer, working out and watching movies

My best Air Force memory: being stationed in Germany because I have many memories from there.



Leading Aircraftwoman

Anne Strode

Royal Australian Air Force Task Element
633.4.1.2

Hometown: Townsville, Queensland

Home station: Richmond, Sydney

Date arrived in AOR: Sept. 3, 2006

Deployment goals: Better myself and learn more about my job.

Best part about the deployment: Meeting a variety of people and learning from them.

Hobbies: Surfing, touch football

My best Air Force memory: This deployment.



Senior Airman

James Michael Dotson

Electrical Power Production Journeyman
379th Expeditionary Civil Engineer
Squadron

Hometown: Columbus, Ind.

Home station: Aviano Air Base, Italy

Date arrived in AOR: Jan. 17, 2007

Deployment goals: Complete my CCAF degree

Best part about the deployment: My first day on the job we caught an F-15 in the arresting barrier, saving the pilot and aircraft.

Hobbies: Spending time with my family

My best Air Force memory: Receiving my Airman's coin at Basic Training.





Sunday

2000 Salsa
2100 Jiu-Jitsu
2300 Salsa

Monday

0500 Combat Circuit
0700 Step/Floor Aerobics
1900 Abs
1900 Boxcercise (Red Horse)
1930 Xtra Abs
2000 Salsa
2100 Jiu-Jitsu
2230 Cardio Circuit
2330 Sculpting

Tuesday

0500 Warrior Abs
1000 Jiu-Jitsu
1800 Step Aerobics
1900 Circuit (Red Horse)
1900 Hardcore Abs
2015 Boot Camp Circuit
2100 Kickboxing

Wednesday

0500 Combat Circuit
0700 Step/Floor Aerobics
1900 Abs/1930 Xtra Abs
2130 Jiu-Jitsu
2230 Cardio Circuit

Thursday

0500 Warrior Abs
1000 Jiu-Jitsu

1800 Step Aerobics
1900 Circuit (Red Horse)
1900 Hardcore Abs
2000 Salsa
2100 Yoga/Pilates

Friday

0500 Combat Circuit
1900 Abs/1930 Xtra Abs
2000 Salsa
2100 Jiu-Jitsu
2230 Cardio Circuit
2330 Sculpting

Saturday

1000 Jiu-Jitsu
2000 Xtra Abs
2100 Step Aerobics



Chapel office hours are 0730 to 2300. Call the chapel at 437-8811 or 437-7576 for information. Schedule is subject to change. All services and practices are in the chapel, unless noted otherwise.

MPR: Multi-Purpose Room

Conf: Conference Room

Sanct: Sanctuary

BSR: Blessed Sacrament Room

Monday

Prayer Warriors, Sanct, 0445-0615
Redeployment Brief, Sanct, 1000-1030
Daily Mass, BSR, 1130-1200
Rosary, BSR, 1730-1800
Daily Mass, BSR, 1800-1830
Gospel Service Musician Rehearsal, Sanct, 1900-2130
Women of Virtue, MPR, 2000-2100

Tuesday

Prayer Warriors, Sanct, 0445-0615
Friends of Bill W, Conf, 0900-1000
Redeployment Brief (or Online), Sanct, 1000-1030
Daily Mass, BSR, 1130-1200
Church of Christ Bible Study, MPR, 1700-1800
Rosary, BSR, 1730-1800
Daily Mass, BSR, 1800-1830
Gospel Choir/Praise Team Rehearsal, Sanct, 1900-2130
Men of Integrity, MPR, 1930-2100
Catholic Bible Study, Conf, 1930-2100

Wednesday

Catholic Mass, Sanct, 0600
Prayer Warriors, Sanct, 0445-0615
Protestant Communion Service, MPR, 0645-0700
Redeployment Brief (or Online), Sanct, 1000-1030

Daily Mass, BSR, 1130-1200
Catholic Choir Practice, Sanct, 1530-1700
Rosary, BSR, 1730-1800
Daily Mass, BSR, 1800-1830
LDS Activity Night, MPR, 1900-2000
Gospel Service Bible Study, Sanct, 1930-2030
Officer's Christian Fellowship (OCF), Conf, 2000-2130
Liturgical Dance, Sanct, 2100-2300

Thursday

Prayer Warriors, Sanct, 0445-0615
Redeployment Brief (or Online), Sanct, 1000-1030
Daily Mass, BSR, 1130-1200
Rosary, BSR, 1730-1800
Traditional Service Choir Rehearsal, Sanct, 1730-1900
Daily Mass, BSR, 1800-1830
Gospel Choir/Praise Team Rehearsal, Sanct, 1900-2000
C.S. Lewis, "Mere Christianity" Small Group Study, MPR, 1945-2100
Liturgical Dance, Sanct, 2100-2300
Friends of Bill W, Conf, 2000-2100

Friday

Prayer Warriors, Sanct, 0445-0615
Redeployment Brief (or Online), Sanct, 1000-1030
Daily Mass, BSR, 1130-1200
Islamic Prayer, MPR, 1300-1430
Rosary, BSR, 1730-1800
Daily Mass, BSR, 1800-1830
Shabbat Evening Service, MPR, 1800-1900
Shabbat Meal, Conf, 1900-1945
Joy Night (a time of prayer, praise, and encouragement), Sanct, 1930-2030
Men of Integrity/Pray and Obey, Conf, 2000-2100
Liturgical Dance, Sanct, 2100-2300

Saturday

Prayer Warriors, Sanct, 0445-0615
Seventh-Day Adventist, MPR, 1030-1200
Catholic Choir Practice, Sanct, 1500-1600
Intro to Judaism/Havdalah Service, Conf, 1730-1830
Protestant Contemporary Worship Service, Sanct, 1930
Buddhist Learning Group, MPR, 1930-2030
Gospel Service Leaders Mtg, Conf, 1930-2100
Contemporary Band Practice, Sanct, 2000-2200
Wiccan/ Earth Based Group, MPR, 2030-2130

Sunday

Prayer Warriors, Sanct, 0445-0615
Catholic Mass, Sanct, 0800-0900
Sunday School, Conf, 0830-0930
Orthodox Service, MPR, 0900-1015
Orthodox Religious Ed., MPR, 1015-1045
Contemporary Worship Service, Sanct, 0930-1045
Protestant Service, CAOC-2nd floor Conf, 0945-1100
Catholic Mass, CAOC-2nd floor Conf, 1100-1200
The Church of Christ Service, MPR, 1100-1200
Latter Day Saints Service, Sanct, 1300-1400
LDS Sunday School, Sanct, 1400-1500
Islamic Studies, Conf, 1500-1600
Protestant Communion Service, MPR, 1500-1515
Traditional Protestant Service, Sanct, 1600-1700
Catholic Reconciliation, Priest's Office, 1715-1745
Catholic Mass, Sanct, 1800-1900
Gospel Worship Service, Sanct, 1930-2100
Friends of Bill W, Conf, 2000-2100
Desert Devotions, Worship, Bible Study, Reflection and Prayer, Sanct, 2200-2230

Services briefs

CAC Calendar of Events

Sunday

1300 NHL 2k7
1600 Gin Rummy
2000 Fight Night
Rd 3 (XBOX 360)
2300 Phase 10

Monday

0300 Yahtzee
0800/1900 NCAA
Football (PS2)
1100/2300 Spades

Tuesday

0100 Chess

0400 Halo 2
1700 Phase 10
0800/2000 Tx Hold'
Em

Wednesday

0100/1300 8 Ball
1600 Madden 07
(Xbox 360)
2000 NBA Live
07
2300 Dominoes

Thursday

0300 Ping Pong

0700/1900 9 Ball
1100/2300 Hearts

Friday

0400 Checkers
0800/2000 Gin
Rummy
1300 Dominoes
1700 Monopoly

Saturday

0100/1300 Spades
0400 Jenga
1700 Gin Rummy
0800/2000 Bingo

Now playing at the base theater

All movies and showtimes subject to change

Sunday

Women's History Tribute
1200 Memoirs of a Geisha
1500 The Last Castle
1800 Weekend at Bernies
2030 New Release
2300 Predator

Monday

0130 The Prestige
0430 The Matrix
0700 TCN Escort Briefing
0800 SVS/CC
1000 New Release
1230 The Da Vinci Code
1500 The Rock
1800 SVS/CC
2000 New Release
Women's History Tribute
2300 Divine Secrets of the Ya-Ya Sisterhood

Tuesday

0130 New Release
0430 Weekend at Bernies
0800 Off Base Drivers

Training

1000 The Da Vinci Code
1300 The Matrix Reloaded
1600 Predator
2000 You Got Served
2300 New Release

Wednesday

0130 The Rock
0400 Six Days Seven Nights
Women's History Tribute
0700 G.I. Jane
1100 New Release
1400 The Bourne Identity
1700 The Matrix Revolutions
2000 New Release
2300 The Last Castle

Thursday

0130 You Got Served
0430 New Release
0800 Thirteen Days
1200 Jaws
1600 New Release
2000 The Bourne Supremacy
2300 Weekend at Bernies

Friday

0200 The Last Castle
0500 LRS/CC
0630 Right Start
1000 New Release
1300 You Got Served
Women's History Tribute
1445 Stepmom
1700 LRS/CC
2000 New Release
2300 The Da Vinci Code

Saturday

0200 Dane Cook: Vicious Circle
0400 Bill Cosby Himself
0800 George Carlin
1200 Dave Chappell Show Season 2
1315 Blue Collar Comedy
1600 The Original Kings of Comedy
2000 Jamie Fox: I Might Need Security
2400 Off Base Drivers
Training

Now playing at the CAC

All movies and showtimes subject to change

Sunday

1300 Secret Window
1600 Big Daddy
1900 Leap of Faith
2200 Mini's First Time

Monday

0100/1300 Shallow Hal
0400/1600 Meet Joe Black
0700/1900 How Stella Got Her Groove Back
1000/2200 The League of Extraordinary Gentlemen

Tuesday

0100/1300 Paparazzi

0400/1600 The Cutting Edge
0700/1900 Ring 2
1000/2200 Runaway Jury

Wednesday

0100/1300 USS Poseidon:
Phantom Below
0400/1600 Red Eye
0700/1900 Ray
1000/2200 Hostel

Thursday

0100/1300 Coach Carter
0400/1600 Children of the Corn 666 Isaac's Return
0700/1900 The Terminal

1000/2200 One Hour Photo

Friday

0100/1300 What lies Beneath
0400/1600 Unfaithful
0700/1900 Mrs. Doubtfire
1000/2200 2 Fast 2 Furious

Saturday

0100/1300 Shallow Hal
0400/1600 Half Baked
0700/1900 Taxi Driver
1000/2200 Coach Carter



Sunday, Dinner: Five spice chk, bkd meatloaf, rice pilaf, potatoes au gratin, herbed green beans, succotash, brown gravy, chk ndle soup

Snackline: buffalo wings, cheese sticks, cherry cbbler, chk breast, fries, potato salad

Monday, Midnight: savory bkd chik, mashed potatoes, simmered pinto beans, French toast sticks, oatmeal/grits/frd rice, waffles, bacon/sausage/burritos **Lunch:** savory bkd chk, beef yakisoba, mashed potatoes, oven brown pot, brussel sprouts, black eye peas, brown gravy, minestrone **Dinner:** chk tetrezzini, roast pork loin, bkd potatoes, stmd rice, corn on cob, broccoli, brown gravy, minestrone **Snackline:** monte cristo sandwich, chicken nuggets, peach cbbler, chk breast, onion rings, macaroni salad

Tuesday, Midnight: Carribean jerk chk, scalloped potatoes, peas w/onions, French toast sticks, oatmeal/grits/frd rice, pancakes, bacon belly burrito **Lunch:** beef porcupines, roast tky, stmd rice, scalloped potatoes w/ ham, corn, peas w/ onions, veg soup, beef ndle **Dinner:** country style steak, Carribean jerk chk, rissole potatoes, mshd potatoes, green beans, frid cauliflower, homestyle gravy, beef ndle **Snackline:** hot tky sand, nachos, chk breast, potato wedges

Wednesday, Midnight: blkd fish, rissole potatoes, brussel sprouts, French toast sticks, oatmeal/grits/frd rice, waffles, bacon/sausage/burritos **Lunch:** blkd fish, meatloaf, stmd rice, mshd potatoes, okra, corn on cob, brown gravy, tomato soup **Dinner:** Swiss steak w/brown gravy, frid shrimp, mshd potatoes, filipino rice, carrots, mustard greens, brown gravy, tomato soup **Snackline:** corn dogs, pizza, cherry cbbler, chk breast, fries, cucumber/onion sld

Thursday, Midnight: roast tky, fran potatoes, mustard greens, French toast sticks, oatmeal/grits/frd rice, pancakes, bacon belly burrito **Lunch:** shrimp creole, tky pot pie, rice pilaf, scallop potatoes, grn beans w/mushrooms, peas and carrots, tky gravy, garden veg soup **Dinner:** BBQ pork tenderloin, oriental chk stir fry, frd rice, egg ndles, black eye peas, cauilflower, chk gravy, garden veg soup **Snackline:** steak and cheese sub, chickribs/lemon frd fish, peach cbbler, chk breast, curly fries, country style tomato

Friday, Midnight: bkd chk, baked potato, summer squash, French toast sticks, oatmeal/grits/frd rice, waffles, bacon/sausage/burritos **Lunch:** Five spice chk, BBQ pork loin, cornbread, sweet potatoes, wild rice, collard greens, black eyed peas, chk gravy, crm of potato **Dinner:** lemon pepper fish, hungarian goulash, stmd rice, mshd potatoes, frd cabbage, boston bkd beans, veg gravy, crm of potato **Snackline:** BBQ pork/jal poppers, calzones, chk breast, fries

Saturday, Midnight: bkd fish, ndles egg, peas, French toast sticks, oatmeal/grits/frd rice, pancakes, bacon belly burrito **Lunch:** chk cordon bleu, santa fe bkd fish, hopping john rice, mac and cheese, broccoli combo, peas, chk gravy, crm of mushroom **Dinner:** steamship, shrimp n garlic sauce, parsley bttrd potatoes, stmd rice, squash, fr green beans, au jus, crm of mushroom **Snackline:** enchiladas, chk fillet, cherry cbbler, chk breast, onion rings



Joint warfare community

Lt. Col. Joseph Schmidt, 128th Expeditionary Airborne Command and Control Squadron commander, briefs general and flag officer selectees during the CAPSTONE tour of the 379th Air Expeditionary Wing. CAPSTONE is a professional military education program that makes senior leaders more effective in planning and employing U.S. forces in joint and combined operations. (Photos by Airman 1st Class Gustavo Gonzalez)



Cryogenics

Tech. Sgt. James Nelson (left) and Staff Sgt. Kenneth Oliver, 379th Expeditionary Logistics Readiness Squadron Fuels Management Flight cryogenics technicians, transfer liquid oxygen from a cryogenic storage tank to a portable liquid oxygen cart used to service aircraft.